



Town of Surfside Parks and Recreation Department

# Yoga

**Please Bring A Yoga Mat**

Enjoy invigorating and relaxing yoga classes by Claudia Zoeller. Engage in techniques that benefit your mind, body, and spirit. You will learn proper breathing exercises and relaxation methods long associated with this proven ancient tradition.

**Thursdays**

**January 12 - March 2**

**Time: 7:15 - 8:15 pm**



**Fee:**

Resident 80.00

Non-Resident 120.00

8 Weeks = 8 Classes

*\*Changes/Cancellations are subject to administrative fees*

**Registration Begins:**

Residents  
November 28

Non-Residents  
December 12

Registration and classes held at the  
Surfside Community Center  
9301 Collins Avenue

Proof of residency is required at the time of registration.

**For more information please call (305) 866-3635**

**Website: [www.townofsurfsidefl.gov](http://www.townofsurfsidefl.gov)**

IT STARTS IN  
**PARKS**